

Signposting for school staff



November 2022



inclusionandsend@norfolk.gov.uk

Support Lines

Education Support Partnership

Norfolk Support Line

Anna Freud National Centre for Children and Families 24
hour text service - School and College staff poster

Digital Support 26+



**By your side when
you need us**

Providing immediate and
anonymous emotional
wellbeing support



Find out more by
visiting **Qwell.io**

Wellbeing Service for 16+



The infographic features a central illustration of a person at a desk with a laptop and a potted plant. To the left is the 'wellbeing' logo with the tagline 'Helping you live your life'. To the right is the 'NHS iapt' logo with the tagline 'Improving Access to Psychological Therapies'. Three text boxes provide details about the service, and a group of stylized figures is at the bottom right.

wellbeing
Helping you live your life

NHS iapt
Improving Access to Psychological Therapies

Wellbeing Norfolk & Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

Our services are free and are available to people aged 16 and over living in Norfolk & Waveney.

Services we provide include:

- One-to-one support
- Online webinars which are quick to access
- Regular online social events
- Peer support
- Employment Support

You can find out more about our service by visiting our website or by giving us a call.

www.wellbeingnands.co.uk 0300 123 1503

Wellbeing Service for 16+

5 Ways to Wellbeing: Links for adults



[5 ways to wellbeing](#)

[Stressbusters](#)

[Mental wellbeing audio guides - NHS \(www.nhs.uk\)](#)

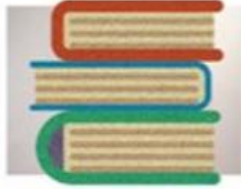
Self Care

6 most commonly chosen approaches to self-care

As identified by children, young people, parents and carers



Listening to music



Reading or watching tv



Talking to someone you know and trust



Going outside



Laughter



Crying

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Action for Happiness Calendar

New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1. Make a list of new things you want to do this month	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your normal routine today and notice how you feel	6. Try out a new way of being physically active	
7. Be creative. Cook, draw, write, paint, make or inspire	8. Plan a new activity or idea you want to try out this week	9. When you feel you can't do something, add the word 'yet'	10. Be curious. Learn about a new topic or an inspiring idea	11. Choose a different route and see what you notice on the way	12. Find out something new about someone you care about	13. Do something playful outdoors - walk, run, explore, relax
14. Find a new way to help or support a cause you care about	15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective	17. Try a new way to practice self-care and be kind to yourself	18. Connect with someone from a different generation	19. Broaden your perspective: read a different paper, magazine or site	20. Make a meal using a recipe or ingredient you've not tried before
21. Learn a new skill from a friend or share one of yours with them	22. Find a new way to tell someone you appreciate them	23. Set aside a regular time to pursue an activity you love	24. Share with a friend something helpful you learned recently	25. Use one of your strengths in a new or creative way	26. Try out a different radio station or new TV show	27. Join a friend doing their hobby and find out why they love it
28. Discover your artistic side. Design a friendly greeting card	29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Just One Norfolk

Just One Norfolk

- Just One Number
- Parent line
- Chat health (children aged 11-18)

Resources for schools

Solihull Online Learning

Advice and support for 0 – 25s

